

AFTER THE ROSES WILT LOOK FOR THE

THORNS (page 15)

NOT A CANADA GAMES ATHLETE? YOU SHOULD EAT LIKE ONE {page 11}



JAZZY WHO IS THIS **BEST NEW** ARTIST? {page 9}





Tuesday, February 15, 2011 www.metronews.ca





Want to find out when this bus arrives? You'll have to wait for OC Transpo to develop its own application after the bus service pulled the plug on sharing GPS data with the public over concerns about data accuracy and the potential for the bus company to make revenue.

Gaga smokes the ganja

Lady Gaga can't lie to 60 Minutes — she says she gets high when she writes her music {page 10}

Another rack of phobias

What do long words, cheese and knees have in common? {page 8}

Life, 15 million years ago

One Carleton grad awarded for her quest {page 3}

Cash too good to pass app?

OC Transpo says ownership of GPS data 'important for the revenue generation potential' • Public outcry pushes for re-release of public data for app developers



Software developer Jonathan Rudenberg doesn't mind if OC Transpo plans to place ads within its own GPS application for city buses — he just wants to be able to compete.

His website, whereismybus.ca, was rendered useless recently when OC Transpo stopped sharing data after reporting glitches in GPS readings.

However, now that OC Transpo has laid out its plans of monetizing its own app with ads, Rudenberg is questioning whether customer service is being side-tracked for revenue generation.

"I think that they think they can monetize the data with advertising, which I don't have a problem with, but they should still release it as open data as well," he said.

Transportation committee chair Marianne Wilkinson also supports the open data movement and is wondering when OC Transpo's app will be available.

"What I really want to ask is, 'When is

it going to be made available?' and not to have it in secret," she said.

Both Wilkinson and Rudenberg feel that an OC Transpo app and a third party should be able to coexist in the near

"It happens all over the world. Why can't it happen here?" Wilkinson said.

In a Feb. 8 memo responding to questions from the city's transit committee, OC Transpo officials said they blocked ac-

"People have the right to know any information that is not confidential information ... and if people want to make apps with it, more power to them."

MARIANNE WILKINSON, TRANSPORTATION COMMITTEE CHAIR

cess to the GPS data because they were concerned enabling third parties to bus arrival information could create false expectations among customers.

They say consistency in the data can be assured only if they control the dissemination of the data on desktop, mobile and phone platforms.

They said other transit authorities — such as the Chicago Transit Authority routinely control real-time data. Wilkinson and Rudenberg counter that Chicago gives third-party developers access to its GPS data. In fact, transitchicago.com offers a host of third-party apps for a variety

The memo also shows OC Transpo believes the data could be a source of rev-

"If valuable OC Transpo information was to be disseminated by third-party providers, users would be split through different advertising channels — those of city partners with advertising contracts and those of advertisers buying space on third-party applications."

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More benefits, not rules: Activists

Poor people with special dietary requirements need more money, not tighter rules, anti-poverty activists say.

say.

Members of Ottawa
ACORN (Association of
Community Organizations
for Reform Now) picketed
outside Ontario government offices on Preston
Street yesterday on behalf
of Ontario Disability Support Program (ODSP) and
Ontario Works recipients.

The protesters circulated

a petition and filled out "valentines" to Ontario Premier Dalton McGuinty demanding increased payments, expanded medical and dental coverage and cancellation of planned changes to the special diet allowance, which covers food for people whose health problems impose special nutritional needs.

"We have the right to get sick and go to the hospital and get surgery and chemo or whatever we need for that, but we don't have the right to eat a healthy enough diet," said ACORN's Michelle Walrond, an ODSP recipient.

Her benefits, she said, don't cover her living expenses.

"Anything beyond my rent and utilities I have to charge on my credit card," Walrond said, "And I'm doing better than most people (on ODSP). I don't know anybody else who has credit cards." @ STEVE COLLINS







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Young scientist wins big for prehistoric digging

◆ Carleton grad receives \$10,000 prize for work probing possible extraterrestrial life in 15 million-year-old meteorite crater



Twenty-five-year-old Haley Sapers took her eyes off of her electron microscope yesterday to receive one of Canada's most prestigious awards last night at Rideau Hall.

Sapers, a Carleton University graduate, said she was honoured to receive the André Hamer Postgraduate prize from the Natural Sciences and Engineering Research Council of Canada (NSERC).

"I was very surprised," said Sapers. "I was honoured to receive it and honoured to be part of such a wonderful legacy that was left in André's memory."

After conducting field work in a meteorite crater in Germany, she headed back to the University of Western Ontario to analyze microtubules within the impact glass of the prehis"Our government is committed to developing, attracting, and retaining the world's best researchers here in Canada."

TONY CLEMENT, MINISTER OF INDUSTRY

toric crater for signs of life.

"I'm trying to show that these tunnels were tunnelled out by microorganisms as they extracted from the glass what they need to grow and survive," she said.

Sapers said if there is biotic activity within the tunnels, then it may prove that these microorganisms were formed before the point of impact.

NSERC also presented awards to over a dozen other Canadian researchers and scientists throughout the evening.





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Ouster sparks strikes

Egypt's military rulers called for an end to strikes and protests yesterday as thousands of state employees, from ambulance drivers to police and transport workdemonstrated to demand better pay in a growing wave of labour unrest unleashed by the uprising that ousted Hosni Mubarak's regime.

The statement by the ruling military council that took power from Mubarak appeared to be a final warning to protest organizers in labour and professional unions before the army intervenes and imposes an outright ban on gatherings, strikes and sit-

ins.
"It's hard for us to go back to work because people hate us," said one protester, a captain who was among the demonstrators.

THE ASSOCIATED PRESS

Groups in lotto fight to share

The Ontario Lottery and Gaming Corp. says two groups fighting over a \$50million jackpot have agreed to split the prize.

The lottery corporation will pay out \$31.7 million today to a group of 19 Bell employees. They are the original winners who validated their New Year's Eve ticket back in January.

Each of them will pocket around \$1.6 million.

Even though the two sides have agreed among themselves to split the money, the additional 11 claimants - who came forward after the prize was initially claimed — will have to wait for a court to decide if they're entitled to any cash. The court will distribute the remaining \$18.3 million accordingly.
The \$50-million prize is

Ontario's largest lottery payout ever.

THE CANADIAN PRESS

Market merger must pass 'net benefit' test: Clement

Quebec stressed it would have to approve any merger between London and Toronto stock exchanges • Federal NDP calls for public hearing

The federal government will undertake a "thorough" review of the proposed merger between the Toronto and London stock exchanges, but the process won't be open to the pub-

Industry Minister Tony Clement said yesterday the review will be "thorough" and "by the book" and start in a week or two after the parties have formally submitted their application.

The review under the Canada Investment Act was expected, given the size of the transaction. which would merge the London Stock Exchange with the TMX Group and form the world's eighthbiggest securities market.

Clement said he will consult with the provinces involved with the deal, but he will be ruled by

whether the deal is a net

benefit to the country. The minister blocked a hostile takeover of Potash Corp. of Saskatchewan last year because it didn't meet the "net benefit" test.

Ontario Finance Minister Dwight Duncan has said the Toronto Stock Exchange is a strategic asset and decisions about its future must be made in the public interest, not just for shareholders.

The merger would combine the companies into a new yet-to-be named firm, but each of the 20 exchanges and trading venues the group operates is slated to remain independent and continue to be overseen by existing regulators.

For the LSE, the deal means wider access to North American markets for its clients



For the LSE, the deal means wider access to North American markets for its clients. It will also give it greater access to derivatives, such as futures trading, markets through the Montreal exchange.

Under the planned merger — which would technically see the LSE buy TMX Group - Toronto will be headquarters for equity listings for the entire group. Montreal will be the hub for derivatives trading, Calgary will be hub for the energy group and Calgary and Vancouver will be headquarters for the junior TSX Venture Exchange.

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on the house

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John Edwards testifies in videotape scandal

didate John Edwards has testified under oath in a lawsuit over a videotape that purportedly depicts him in a sexual encounter, an attorney for a former Edwards aide said

Robert Elliot, lawyer for Edwards, said Edwards was deposed last week as part of a dispute between former Edwards aide Andrew Young and Edwards' mistress Rielle Hunter. Elliot declined to discuss the content of the testimony.

Hunter shot footage for Edwards as he prepared to launch his second White House campaign. Edwards acknowledged a year ago that he fathered a child with Hunter, though Young had initially claimed paternity so Edwards could continue his campaign.

THE ASSOCIATED PRESS

popular uprising.
The rally is the first ma-

jor show of strength for Iran's cowed opposition in more than a year.

Police used tear gas against the protesters in central Tehran's Enghelab, or Revolution, square and

in Imam Hossein square, as well as in other nearby

Demonstrators set garbage bins on fire to protect themselves from the stinging white clouds. Others ran from police on mo-torcycles. "An Iranian dies but doesn't accept humiliation," demonstrators chanted. The associated press



Clashes between Iranian police and tens of thousands of protesters wracked central Tehran yesterday as security forces beat and fired tear gas at opposition supporters hoping to evoke Egypt's recent main streets.

▶ Rielle Hunter, John Edwards' mistress, worked in 2006 as

a videographer for Edwards' political action committee.

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No bale-outs on clothes prices

• Get ready to pay at least 10 per cent more for clothing, analysts warn O Rising fabric prices at root

The era of falling clothing prices is ending.

Clothing prices have dropped for a decade as tame inflation and cheap overseas labour helped hold down costs. During the recession retailers and clothing makers cut frills and experimented with fabric blends to keep prices

But as the world economy recovers and demand for goods rises, a surge in the costs of labour and raw materials is squeezing retailers and manufacturers. Cotton has more than doubled in price over the past year. The price of synthetic fabrics has also jumped roughly 50 per cent as demand has risen.

Clothing prices are expected to rise about 10 per cent over the next few months, with the biggest

Cotton dry

- The price of cotton jumped to a 150-year high, rising to \$1.90 per pound on Friday, more than double what it was a year ago, the International Cotton Advisory Council says. Bad weather has cut harvests in major producing countries.
- Raw materials account for 25 per cent to 50 per cent of the cost of producing a garment. Labour ranges from 20 per cent to 40 per cent, depending on how complicated it is, says David Bassuk of retail consultants AlixPartners.

increases coming in the second half of the year, said Burt Flickinger III, president of Strategic Resource Group.

Higher costs also will affect how clothes are made. Clothing makers are blending more synthetic fabrics and designing jeans with fewer embellishments. Shoppers can expect fewer colour choices.

Retailers are trying to figure out whether consumer demand will last in the face of higher prices. Stores that cater to lowand middle-income shoppers will have the hardest time passing along price increases.

On the production side, many Chinese factories that shut down in the recession haven't returned to capacity and are grappling with labour shortages.

"Customers are going to be surprised," said David Bassuk, managing director in the retail practice of Alix-Partners. THE ASSOCIATED PRESS



Reversal of fortune

China's economy surged to the world's second largest (after the U.S.) in 2010, trumping that of Japan, which had held the title since 1968.

RIM wants bite of Apple tablet sales Research In Motion is step-

ping up its efforts to take a share of the computer tablet market with the announcement of two additional PlayBook tablets this year. The tablets will support fourth-generation networks that are suited to video streaming and high amounts of data. Due out in spring, it will be competing with Apple's iPad.



Looking for a French education with a certain je ne sais quoi Look no further The learning experience in a French-language school is quite different from the one in Franch immersion programs in French-language schools, all classes, except English, are taught in French Everything, from morning announcements, to extracurricular activities, is in French French-language schools provide a unique French experience. Chansons Learn more at frenchdifference.ca Canadä

Confidence drives RRSPs

With two weeks left to make a 2010 retirement contribution, an RRSP survey from RBC shows Canadians are investing with more confidence, a sure sign of a greater sense of job security.

"When the economy falters, people respond by keeping their money out of the markets," said Lee Anne Davies, RBC's head of retirement strategies. "We are seeing that the confidence is coming back and people are moving back into stocks and back into equities."

In 2008 and 2009 Canadi-

ans wanted immediate access to their "rainy day" savings because of decreased job security, Davies said. In 2010 an increase of seven per cent in planned contributions, most of which came from young contributors, and a decrease of five per cent in February contributors are indications of increased job security, she

Though the percentage of last-minute, one-time contributors has decreased, the numbers are still high at 30 per cent, she added.

Saving race

- In 2010 the average reported market value of all RRSPs increased by 17 per cent, but the value for young contributors decreased.
- Among people 18 to 33, RRSP market value decreased by 16 per cent to \$26,907 in 2010 from \$32,212 in 2009. Though market value for young contributors decreased. those 18 to 33 plan on contributing an average of 36 per cent more this year.

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ROADSHOW STARTS TODAY IN OTTAWA!

By Jason Delong

STAFF WRITER

Roll up your sleeves and get ready to start your spring cleaning early this year. The Treasure Hunters Roadshow opens tomorrow in Ottawa and is looking for anything old. Remember those matchbox cars you played with as a kid? You know, the ones that have been stored away in the attic for the past 30 years. Well it's time to dig 'em out, along with any other forgotten treasures. You might be sitting on a small fortune and no even know it.

Roadshow representative, Archie Davis, explains what the event is all about, "It's a chance to sell just about anything that's old, and get a fair price. We host over 1,000 shows every year throughout the U.S. and Canada. Toys, dolls, trains, pocket watches, old advertising signs, gold jewelry, coins and just about anything can be sold at the Roadshow. This event is popular because it puts money in

SINCE 2001, TREASURE HUNTERS ROADSHOW HAS BEEN IN OVER 600 CITIES.

people's pockets. At a typical show, we will see hundreds of people during the five day event. We will see a few unusual items, but mostly we will see a lot of old coins, gold jewelry, and a wide variety of antiques and collectibles. Last week at a show in Missouri, a retired dentist walked in with over 5 lbs. of dental gold fillings. "I would say that is pretty unusual, wouldn't you say?" commented Davis. The gentleman received over \$31,243 for his gold fillings. He told Davis that over the years he would keep the extracted teeth when the owners didn't want them. He would throw them in a jar and over the years it added up to over 5 lbs. of



Above - The Treasure Hunters Roadshow event runs today through Saturday this week in Ottawa.

gold. Now, not everyone has a jar of gold teeth lying around, but according to Davis, more than you might think have some sort of gold they can cash in. Davis says, "The Roadshow receives a fair amount of gold each day of the 5 day event."

Broken jewelry, gold coins and dental gold are all valuable items with today's high gold prices. Archie Davis commented, "Other top categories at the Roadshow would have to be silver dollars and other coins, pocket watches and my personal favorite, old toys." Davis told me a story about a visitor at a recent Roadshow in lowa. "This elderly gentleman walked into the show and asked if we were interested in old toys. The fellow must have been in his late seventies or early eighties. He explained that he had kept all of the toys from his childhood and that they were outside in his pickup. I walked outside, and to my surprise his pickup was full of the coolest old toys I had ever seen: big old metals trucks, pedal cars, train sets, cast iron toys, he had it all. We spent the next 3 hours going through his childhood. It was fun to listen to the stories he told about growing up.

He said one time he decided to play farmer in the gorden and ended up digging up and ruining a fair number of vegetable plants. His folks were really mad and he said it was the longest summer of his life-working off the damage he had done. Back then, the garden was a staple to every family. His mom would can, jar and pickle the harvest to eat all winter. The vegetable plants were replaced and all ended well. I even think I saw him wipe a tear toward the end of that story. At the end of that day, he ended up walking away with over \$7,000 for his old toys. His last comment to me was, 'Well, I guess it's time to let 'em go.'

Whether you have 5 lbs. of gold or a single gold tooth, a pickup full of old toys or a single Barbie doll, you should visit the Road show this week. It's free, it's fun and it could put some money in your pocket, maybe a lot of

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MILITARY ITEMS & SWORDS Revolutionary War, Civil War, WWI, WWII, etc. swords, badges, clothes, photos, medals, knives, gear, letters. The older the swords, the better.

WHAT GIVES YOU THE HEEBIE-JEEBIES?



Last week I read a story about a 34-year-old British woman who is extremely afraid of metal cutlery. She's been using plastic utensils for 17 years because the sound of a fork scraping against a plate gives her a panic attack.

izarre right? But she's not alone. While popular phobias like snakes and spiders might get all of the attention, there are a wide variety of not-so-obvious horrors that give people the heebie-jeebies.

Uncommon fears range from the weird (genuphobia: Fear of knees) to the discriminatory (peladophobia: Fear of bald people) to the incredibly ironic

(hippopotomonstrosesquippedali ophobia: Fear of long words).

While these phobias might seem a bit silly, they can cause serious emotional distress.

My co-worker Magda, who is relatively sane for the most part, is terrified of pigeons. The phobia is taking over her life; she won't walk in certain parts of the city and runs

shrieking from the subway when one of these "rats with wings" finds its way onto the platform.

Another friend has a bizarre aversion to cheese. I wouldn't classify her as a full-blown turophobe, but I have seen her run away from a slice of cheddar.

So where does an irrational fear of fromage come from? Are phobias something we inherit in our genes or do we acquire these unusual anxieties over time?

Ever since I can remember I have been inexplicably frightened of elevators. There was no

"So where does

an irrational

fear of fromage

come from?"

traumatic childhood experience and I am fine with confined spaces but something about them makes me nervous. And so, when my

boyfriend and I found ourselves trapped in an elevator last year – because these sorts of things always happen eventually was anticipating the worst.

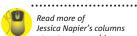
While he gave me a suggestive eyebrow raise and proposed we "take advantage of the situation" (wink, wink) I began shrieking uncontrollably; I was far from

turned on by the whole facing my

worst nightmare thing However, after the hyperventi-lating subsided I realized that, yes, this was my greatest fear come true and yet — it wasn't all that bad. Unnerving and inconvenient maybe, but terrifying? Not so much.

Liberating yourself from a deep-seated phobia can be a long and difficult process, but sometimes it can be as simple as confronting it head on.

I'm over my issues with elevators, but now I have developed a new affliction. It seems that February has brought on a serious case of chionophobia - fear of



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER





Worth mentioning

It was one long kiss — one world-breaking embrace for mankind.

One determined Thai couple locked lips for 46 hours 24 minutes nine seconds to celebrate Valentine's Day in Pattaya, Thailand, emerging victorious and exhausted after a landmark "kissathon" that organizers claim marked the longest recorded smooch in histo-

The previous record of a little more than 32 hours was set in 2009 by a couple in Germany. according to Guinness World Records, whose officials will have to verify the latest milestone for it

Smooching spectacle



to become official.

Fourteen mostly Thai pairs entered the contest when it kicked off Sunday at 6 a.m. local time. By yesterday afternoon, half had already beaten the record and were still puckering up at a shopping mall in Pattaya. Passing tourists gawked and smiled at the spectacle, snapping pictures

with glowing cellphones.

The winner was announced before dawn early today: A Thai couple from Bangkok named Ekkachai and Laksana Tiranarat.

The pair won a diamond ring worth 50,000 Thai Baht (\$1,588), and a 100,000 Baht (\$3,177) cash prize. THE ASSOCIATED PRESS

What's your favourite winter recipe? **Email** ottawaletters @metronews.ca **Twitter** @metroottawa

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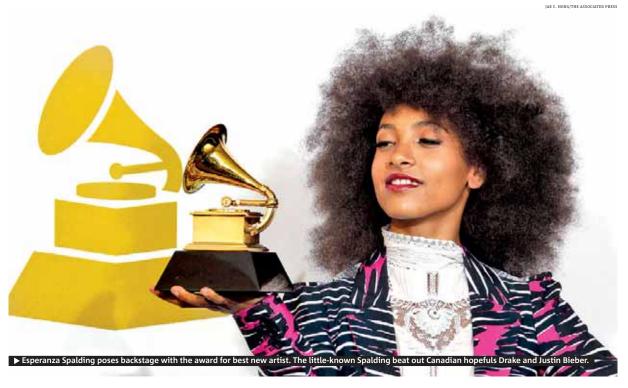
Metro Minute at Cold War Cinema

Hunker in the Diefenbunker for an evening with Alfred Hitchcock. Once a month, Carp's fallout shelter turned Cold War Museum presents Museum presents Cold War Cinema, movie screenings inside Diefenbunker.

This month's offering is 1959 Hitchcock spy thriller North By Northwest, starring Cary Grant,

Eva Marie Saint and James Mason. Showtime is 7 p.m., or you can show up early at 6 for a guided tour of the bunker at a special price. Tickets are \$8 for the movie (includes popcorn, coffee and bottled water) or \$15 for the movie and tour To reserve email movie@diefenbunker.ca or call 613-839-0007.







conquered Canada

▶ Jazz singer Esperanza Spalding overcame Bieber fever and Drake, but who is she? ◆ 26-year-old already an instructor at a prestigious school

Esperanza Spalding has performed for President Barack Obama, with jazz legends like Herbie Hancock — even before thousands of eager Prince fans.

But the acclaimed jazz singer and bassist was thrust onto the biggest stage of her life Sunday as she captured the best new artist trophy at the Grammy Awards, making history in the process. The 26-yearold Portland, Ore., native became the first jazz artist to win the award in a stunner that saw her defeat Mumford & Sons, Florence and the Machine, rapper Drake, and the heavy favourite, teen pop phenom Justin Bieber.

"I feel really lucky that I got to be acknowledged on this stage in front of so many people who hopefully will get to experience my music, and I got there by doing what's really dear to

my heart," said Spalding backstage after her win.

You could say Spalding is the jazz world's Bieber: a young sensation who has been a top-seller in the genre, and with amazing hair, usually worn in a huge Afro. Her talents are deep: She's also a multi-instrumentalist, songwriter, producer and arranger; and was the youngest instructor at the renowned Berklee College of Music.

Her latest album, Chamber Music Society, blended her classical background with her jazz material. She had hoped for a nomination in the jazz categories and was surprised to be nominated for best new artist instead. Things were still surreal for her after her big win. "It's already weird that I'm here, sitting in front of you," she told reporters backstage.

New artist winners

There have been some other big upsets in the new artist category.

- ▶ 1977 Starland Vocal Band beat out Boston
- ▶ 1979 A Taste of Honey wins over Elvis Costello and The Cars
- 1990 Milli Vanilli wins (award later revoked)
- ▶ 1992 Marc Cohn wins over Seal
- 1997 LeAnn Rimes beats out No Doubt and Jewel
- 1998 Paula Cole wins over Puff Daddy

scene

Scene in brief



Radiohead is re leasing its eighth studio album, this time with a price. The band announced yes-terday that its latest release, The King of Limbs, will be available as early as Saturday. Unlike its last pay-whatyou-want album, In Rainbows, this one will have a price. Fans can pre-order an MP3 download for \$9 or a higher-quali-ty WAV version for \$14.

DVD Releases this week

Buy it *** | Rent it *** | Borrow it *** | Yawn ** | Don't bother **

Unstoppable has plenty of adrenaline

Unstoppable Genre: Action Director: Tony Scott Stars: Denzel Washington, Chris Pine, Rosario Dawson

You don't want to be Googling the "inspired by real events" story behind Unstoppable, a runaway train thriller starring Den-



zel Washington, Chris Pine and Rosario Dawson that has momentum to spare.

The plot can be described in short whistle blasts — Must! Stop! Train! — so don't want to risk ruining the superb suspense by finding out what actu-

ally happened in the spring of 2001.

Unstoppable gooses the story — the speed and distance travelled are greater, the risks more terrifying, the heroism more heroic — but the script by Mark Bomback (Live Free or Die Hard) sticks to the blunt facts. Director Tony Scott shoots much of the film as a series of television news reports, which makes it feel at times that we're watching live TV.

PETER HOWELL



You Will Meet a
Tall Dark Stranger
Genre: Comedy/Romance
Director: Woody Allen
Stars: Anthony Hopkins,
Naomi Watts, Josh Brolin

It's not that You Will Meet a Tall Dark Stranger is so bad, because it's not really. But neither is it terribly interesting, despite the presence of such capable talent as Anthony Hopkins, Naomi Watts and Josh Brolin.

Over-written and under-realized, it's Allen in desultory word-processor mode. The whole movie seems a mere set-up for the title joke, which involves a certain hooded gent that attends all of our funerals.

PETER HOWELL



Living the high life

Lady Gaga smokes 'a lot of pot' for musical inspiration

Lady Gaga gets a little help from marijuana when composing songs, she admits to 60 Minutes during an interview with Anderson Cooper.

"I still smoke a lot of pot when I write music," she says. "I'm not gonna, like, sugar coat it for 60 Minutes, that I'm some, like, sober human being, because I'm not."

But the Grammywinning singer was quick to add: "I don't want to encourage kids to do drugs."

Lohan's lawyer tries new tactic

Lindsay Lohan reportedly couldn't return the \$2,500 necklace she's charged



with stealing because of her hectic schedule, according to Hollyscoop.

"Ms. Lohan was in possession of the necklace and wanted to give the necklace back to the store the day after she took it

from the store, but she was very busy," the actress' assistant says in a police report.

Meanwhile, Lohan's lawyer is trying a new tactic: arguing that the necklace in question isn't

actually that valuable.

"We intend to challenge the prosecution's case because the truth is, Ms. Lohan didn't steal anything," Shawn Holley says

"But even if she had, it seems to me that the appropriate charge, based on the fair market value of the goods, should have been petty theft and not grand theft. A \$5 lump of coal with a \$2,500 price tag is still a \$5 lump of coal." METRO



Celebrity tweets



Justin Bieber [@iustin

As for the awards...of course I wanted to win. Its been & still is a dream to win a grammy. Was I upset...yes. But I was happy for her also.



Lohan [Alindsay lohan1

Lindsay

ALadyGaGa really is amaz-



Samantha Ronson [Asamantha ronsonl

I wish the itunes store was a vending machine.



Steve Martin (A)Steve MartinToGol

I've been deposed in Egypt after my one day reign when a policeman told me to 'please move along." METRO

Talking points

Will names his best man

Prince William will have his brother by his side when he ties the knot, as Buckingham Palace has announced that Prince Harry will serve as best man for the upcoming royal wedding. Kate Middleton has tapped her sister, Pippa, as maid of honour.

METRO

Sheen on the wagon

Charlie Sheen's at home rehab treatment seems to be working, according to TMZ, as the

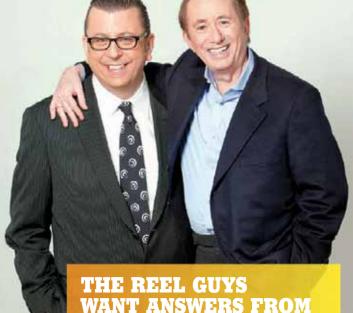
troubled actor has reportedly passed two drug tests in the past two weeks. Sheen has even found the time to deliver an anti-drug speech to the UCLA baseball team, which gave him a standing ovation. His advice was simple: "Stay off the crack. Drink a chocolate milk." • metro

A girl for Posh and Becks?

Despite reports that David and Victoria Beckham are expecting a daughter, the for-

mer Spice Girl insists she doesn't know her next child's gender, according to USA Today. "I can go on the record and say contrary to rumours. I do not know the sex of my baby," she says.

♠ METRO



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Sports nutrition to help the rest of us

• You may not be an elite athlete. but that doesn't mean you should cut out the carbs • An expert at the Canada Games tells Metro why



Don't skimp on carbs if you are active. That message comes from Tristaca Caldwell, an expert in sports nutrition who is on hand to counsel athletes at the Canada Games in Halifax, on now until Feb. 27.

Although few of us need as much fuel as elite athletes, we should be con-scious of what our bodies need based on activity level. A low-carb diet — avoiding bread, cereal, rice, pasta and potatoes — of-ten strips weight off but may deprive muscles of fu-

"If you are doing moderate to high intensity activities, your body relies mostly on carbohydrate and some fat to provide the energy it needs," says Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. "Most of us have enough fat already stored, but we need to provide our bodies with carbs just before we exercise."

In the one to two hours before activity, aim for about 50 to 100 grams of carbs, she says.

Her examples include: a granola bar and a piece of fruit; whole grain toast

Hydrating

There's a lot of confusion about hydrating.

Water If you work out for less than an hour, all you need to drink during your activity is water. If you exercise for more than an hour, you can avoid "hitting the wall" by having 500 ml of a sports drink, water diluted with juice or a sports gel product, says Tristaca Caldwell, a dietitian and owner of Fuelling with Food nutrition counselling in Halifax. Not sure if you're getting enough liquid? Weigh yourself before and after a workout. "If you weigh more than two pounds less after a workout, you are not consuming enough liquid."

with peanut butter and jam; a smoothie containing fruit, yogurt and milk; or a small bowl of cereal with milk.

After you exercise, you want to replace some of the carbs you burned and re-fuel for your workout the next day.

Having even five to 10 grams of protein following a workout is all most people need to make sure they maintain and build muscle



► Saskatchewan's Axel Morin races the Canada Games in Halifax over the week

mass. But in order to have this muscle-building effect, you need carbohydrates.

Examples: chocolate milk, fruit and yogurt, or

whole grain crackers and cheese

Sports at the Canada Games include biathlon, curling, hockey, skiing, figure skating and speed skating. Athletes there could be burning as many as 4,000 calories per day.

"That requires a lot of eating to keep themselves fuelled!" says Caldwell.





Follow the progress of Metro writer Heather Buchan as she tests out the new Ubisoft game for Xbox Kinect — Your Shape Fitness Evolved — and compares it to the experiences of having a real life trainer. Her first story appears on Metronews.ca today and will run twice a week, concluding with a wrap up story in the Feb. 28 edition of Metro.





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Growing a healthy love

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DAILY SQUEEZE

LISA BORDEN

A GREEN LIVING CONSULTANT FOR LEADING COMPANIES, AND OWNER OF BORDEN COMMUNICATIONS + DESIGN INC. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILYSOUEEZE.CA

Store shelves are now brimming with leftover 'tchotchkes' — from commercially manufactured greeting cards to plasticwrapped, imported carnations and roses — that can really take its toll on our environment.

This year, celebrate your sweetie all year round without breaking the bank or the Earth's heart. It's really not that difficult and the benefits include a happier, warmer relationship with someone you love.

Here's how.

1. Shower Together

Did you know that showers account for 22 per cent of individual water use in North America? So

cut down (and double your fun) by doubling up. Want to show a little extra love? Give your sweetheart a few organic great soaps wrapped in a luxurious, organic bathrobe.

2. Engage in Pillow TalkA Pleasure Pillow by Mette Vangso is the ultimate luxurious gift. Each beautiful pillow — filled with organic buckwheat molds to your curves, keeping the heat or chill exactly where you need it.

3. Raise a glassBut first, fill it with something local and pesticide-free. Look for Southbrook, Malivoire, or other organic wines that use sustainably grown grapes. (For a healthy brew, try Mill Street Organic.)

4. Give a rose bush instead of roses

Think local, think organic and think about buying the whole plant, tree or herb, so that it can be enjoyed all year-long.

Find more healthy news at DailySqueeze.ca.

Step-by-step editation

It's free, easy and the perfect solution if you desperately need to clear your head • Meditation expert Andy Puddicombe has the cure



STEP 1: GET STARTED

Find a quiet space. Sit with your hands resting in your lap or on your knees keeping your back straight. Your neck should be relaxed with your chin slightly tucked in. Set a timer for 15 minutes.

STEP 2: BREATHE

Defocus your eyes, gazing into the middle distance. Take five deep breaths, breathing in through the nose and out through the mouth. Close your eyes.

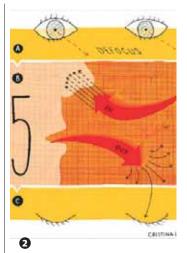
STEP 3: CHECK IN

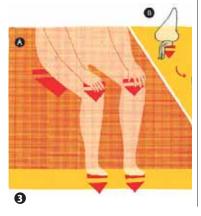
Slowly settle into your body. Observe your posture and notice the sensations where your body touches the chair and your feet meet the ground. Feel the weight of vour arms and hands resting on your legs. Notice anything you can smell, hear or taste.

STEP 4: SCAN THE BODY

Turn your mind inwards. Scan your body from head to toe observing any tension or discomfort. Scan again, this time noticing which parts of the body feel relaxed. Spend 20 seconds on each scan. Then turn your awareness to your thoughts. Become aware of what's there without judgment.









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Fitness pick of the week:



The iPhone 'Po workout'

Swedish developer Susanna Jarl is the brain behind the 'Po Workout', a series of 12 fun workout routines that get you sweating with both cardio and strength training exercises (check out the reverse crunch in the photo). Each routine takes between five to 10 minutes and combines leg toning with fat burning or bum firming moves. Upload and share your workout performance on Facebook or tweet about your hard work. The peer pressure of sharing will keep you motivated all along.

ROMINA McGUINNESS



Get a Geisha's spotless skin

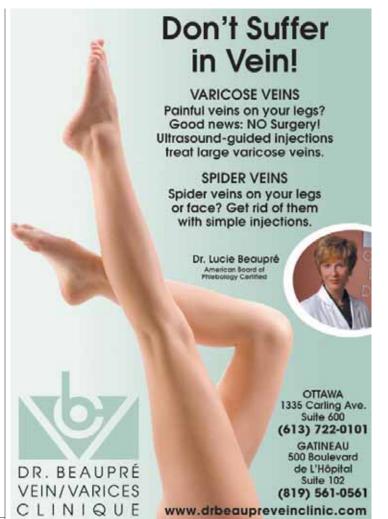
Shizuka Bernstein, creator of the Geisha Facial, tells Metro why nighingale droppings are good for exfoliating.

"Geishas used to cleanse their skin with nightingale droppings to remove their heavy white makeup that contained lead. I tested this and found it to really work. Natural enzymes in the droppings help to exfoliate dead skin cells and

pound found in many cosmetic products) gives the skin a pearly glow. Comthe nightingale bining droppings with delicate Japanese rice bran en-hanced the exfoliating mask and also helped neutralize the smell," Bern-

You can find out more at shizukany.com

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A reminder from your eye health professionals: Visiting your optometrist regularly is good prevention. An eye exam will identify vision problems and eye diseases that may affect your daily life.

YOUR DENTAL HEALTH

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FILLINGS: STILL A GREAT ALTERNATIVE AFTER ALL THESE YEARS!

The dental filling is certainly not a new treatment alternative in dental care. We have all grown up with parents and grandparents who have had fillings to deal with a cavity. And while there have been changes to some of the materials used, the basic concept behind a filling is the same as it ever was

Quite simply, a filling is a viable treatment alternative for instances
of minor tooth decay or cracks that
do not compromise the underlying
tooth structure. A material is inserted
into the tooth that essentially seals the area, making it more difficult for plaque and bacteria to continue to eat away at the tooth in question.

For years, silver amalgam was a favourite material used in fillings Tavourite material used in fillings. It continues to be used today as it is highly durable. However, some people have become concerned about potential health issues arising from the use of amalgam and have opted for other materials.

You should be aware that there has you should be aware that there has been no conclusive evidence linking amalgam fillings to any health issues. However, some people choose to use other materials for their fillings out of an abundance of caution.

Amongst those seeking to alleviate their concerns about any potential health issues, composite bonding materials are a popular alternative These materials also tend to look more



Dr. Peter Georgeopoulous **Dental Surgeon**

natural than amalgam. However, they tend not to be as durable, meaning they will need to be replaced sooner.

Durability is a key consideration when butabulity is a bey consideration whether deciding what to use in a filling. The reality is that **no filling lasts forever.**Time, wear and tear and just general changes in our body will all conspire to eventually cause some leaks in the must be replaced. Otherwise, decay may continue undetected beneath the surface of the filling.

Unfortunately, **it is not always possible to simply replace a filling**. To understand why, you need to understand the process of installing a filling in the first place

Your dentist will not just put a filling

into a cracked or decayed area as is. Instead, your dentist needs to remove any existing decay and shape the remaining tooth to ensure that it can properly support a filling. This will require him/her to carve away part

of the existing tooth in a manner that takes into consideration how the shape of your teeth and your bite might be affected by a filling.

When a filling needs to be replaced. even more of the tooth needs to be carved away. That leaves less of the tooth to support the replacement filling. If too much of the tooth structure has to be removed. it may not be strong enough to hold the new filling in place without cracking.

In such a situation, your dentist may recommend a **crown** if there is enough of the tooth structure remaining to support a one. If the tooth has to be replaced, a **fixed bridge** or an **implant** may be your best options

Talk to your dentist about the choices available to you. If decay is caught available to you. I needly is caught early, a filling is usually the right choice to protect the rest of the tooth from further decay. And the bottom line is that you want to protect yourself from tooth decay. Because preventing decay is a healthy habit...and healthy hebits lead to healthy lives. habits lead to healthy lives

Dr. Peter Georgeopoulous - Dental Surgeon

Is Vera's the best burger joint in Ottawa?

• Perfectly charred, juicy burgers trump the less-than-perfect service

LUNCH RUSH

SHARI GOODMAN FOOD@METRONEWS.CA



Where you find the best burger in Ottawa? I've discovered another

contender at Vera's Burger Shack in Bells Corners.

It's a busy place that of-fers a few high-top tables for dining, but it's best if you can take your burger

In factory fashion, you place your order by filling out a form of what you want. While waiting for my six-ounce burger to cook, I browsed The Butchery, sharing space with Vera's, and picked up some veal stock.

I enjoyed everything about the burger.

It was a touch pink inside and perfectly charred on the outside with that meaty taste expected in a



superior burger. The small order of fries exceeded my expectations in size. They were blanched first and then dipped a second time.

Though crisp, they were bland and needed a bit

more salt.

As well, the service from the young staff members detracted from the alimpeccable take-away food. But I'm willing to overlook some manners for a great burg'.

Vera's Burger Shack 3657 Richmond Rd. 613-829-9133 Price range: \$ Reservations: No Social lunch: Yes Rating: 4 out of 5

Ribs with Coffee Barbecue Sauce Marinating: Cook time:



Preparation:

- In a saucepan combine coffee, molasses, chutney, vinegar, ketchup, Worcestershire sauce, salt and hot sauce; bring to boil. Reduce heat and simmer about
- Cut ribs into 2-rib portions. Place in roasting pan. Pour sauce over ribs and let cool. Cover with foil and refrigerate for at least 2 hours.
- Bake, covered in 325 F (160 C) oven for 1 hour. Uncover and turn ribs. bake for 30 minutes or until meat almost falls off the bone. Remove ribs to serving platter. Spoon off fat from bar-

Ingredients:

- 2 cups (500 mL) brewed
- 1 cup (250 mL) molasses ½ cup (125 mL) mango
- chutney • ½ cup (125 mL) apple
- cider vinegar
 1/2 cup (125 mL) ketchup
- 1 tbsp (15 mL) Worcestershire sauce
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) hot pepper sauce
- 4 racks (about 4 lbs/2 kg) pork baby back ribs

becue sauce and pour into pitcher; serve with ribs

EMILY RICHARDS IS A PROFES-SIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.



REVERSE EFFECT OF PLAYING CUPIC

Names: Henry, 20, and Jennifer, 20

Current city: Toronto

Together since: 2005

Γheir

It wasn't so much about how we met, but how we actually ended up togeth-

After I (Jennifer) met my very first high-school friend in a technology class, she and I immediately started scoping out the boys at school. And she quickly honed in on one guy in particular — Henry.

After that, my friend and I spent most of our lunch hours stalking him!

So, I secretly added Henry on MSN with the intention of telling him about my friend and then surprising her with my

covert matchmaking.

But after Henry and I chatted and got to know one another, it was actually he and I who made a match.

We went on many secret lunch dates and love was definitely in the air. Lucky for me, my girlfriend moved on to the next hot guy at school, so she didn't mind that Henry and I were together!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

ARE YOU SINGLE B'



I'm in my 30s, in good shape, pretty, smart — my friends sav I'm a good catch. So why is it that I'm single? The men I meet are either way too keen, which is kind of a turnoff, or total players, which should be a turn-off but isn't. Either way, I'm still alone. Please help!

Andrea: Dear 30s, you obviously don't need a paper bag over your head to get lucky, so the question is: Is it possible that you're choosing to be single?

If you're carrying emotional baggage, you need to unload. Otherwise, your date won't have a chance at making you feel adored and adorable.

You'll be too busy won-

dering what he's thinking, where it's going, and end up in a straight-jacket.

Time for self-empowerment: Imagine if you switched roles, and you swept him off his feet. What kind of guy would be worthy? How would you

When you look at it from this angle, you be-come more confident about your wants and needs, and maybe even have the guts to go after it. If you're still in the slumps after all this, forget Mr. Right and go find a Mr. Right Now.

You're way too stressed

Claire: Dear you-remind-of-

me, the good news is that you sound so awesome that I'd date you.

The bad news is that you don't sound sure about what kind of man you want, and your uncertainty radiates off you like Britney Spears' latest perfume.

So stop trying for a couple of weeks, and stop thinking about it. Then write down five things you don't want in a man, followed by five things you

Keep it simple but clear. And when you do get back out there, consider that you don't have to respond to every man who hits on you: Ignore the player, and give the keener a chance.

And as my wise sister says, feel free to go after the one you want, too (even if he hasn't yet gone after you). What do you have to lose?

TWO SISTERS, 20-SOMETHING AN-DREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Red roses, red flags

ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



It's the day after Valentine's, you've exchanged treats with

your sweetie and all is well. Or is it? Love should be all about romance and passion but the fact is money

problems are a prime killer of relationships over time. If you aren't financially compatible with your partner the stress mounts up.

Most people wouldn't dream of choosing a mate based on their financial personality — unless, of course, you're looking for a sugar daddy or mommy. But how a person handles their money does reflect elsewhere in life.

As a public service to all the Valentine's out there, here are nine totally unromantic red flags to warn of a potentially dis-



astrous relationship. 1. Lives at home but has no savings.

2. Has a modest or part time income (nothing

Money matters

86 per cent of couples argue about money 48 per cent of couples don't share the same money management philosophy. source: credit EDUCATION WEEK CANADA

wrong with that) but doesn't show any interest in working full time or bettering themselves.

3. Borrows money from you and has to be asked for its return. (Make this a double red flag if he or she borrows money on a first date.)

Regularly borrows money from family mem-

5. Uses a cheque cashing or pay day loan service.
6. Can't exactly explain living — the last time I ran into this the charming fellow had a grow-op in his basement, but said he was into import/ex-7. Has stacks of unopened

what he or she does for a

8. Makes lots of cash withdrawals.

9. Shows a reluctance or impatience to talk about anything financial.

If some of these red flags pop up, move cau-tiously. People can get very defensive about money so talking might be difficult. But don't give up because if you can't discuss every aspect of money you'll have serious problems down the road.

One way to break the financial ice — or relationship — is to suggest trading credit reports. This is the litmus test. If your main squeeze is still taking your phone calls the next day, you may have found yourself a keeper.

Fun and Frugal LESLEY **SCORGIE**



MY DIGHAL

t's hard to keep your fi-nancial life on track and set goals for the future without organization.

Many online banks have recently developed "mon-ey trackers," which help you categorize and analyze your budget, expenses, savings and net worth; automatically rolling the information into slick looking pie charts and spreadsheets. These user friendly platforms will also keep track of important dates like when your mortgage is up for renewal. My favourite part about them is they're free for online

banking customers!

You might run into some snags if you've got money scattered across multiple banks. Try to consolidate accounts so vou're dealing with one or two in-

Unless you've gone totally digital, you're receiving important documents by mail - insurance and bank statements, health records, bills, education records, certificates, receipts, etc. Don't chuck these in the trash. You might need them for taxes, audits, or proving to a future employer you've completed high school.

A March holiday a little closer to home

Staying close to home this March Break? You are not alone. With all that the Canadian winter has to offer, many families will stay at home instead of heading south. A recent TD First Class Travel Visa Card survey showed that half of Canadians say their next trip will either be in their own province or to another Canadian province (33 per cent and 18 per cent respectively).



"Even if you aren't travelling far from home,

with the right travel reward credit card you will have the flexibility to redeem points to help cover the costs of your March Break activities," says Stacie Pearson, associate vice president of TD Credit Cards.

Pearson offers some examples of ways that travel reward points can save you money close to home.

• Turn a day trip into a long weekend. Redeem points for a hotel room and treat your family to an extra special few days away. A hotel with a pool for the kids and room service for you can make

a weekend away almost as good as a trip to the trop-

• Can't get away for a whole week? Neither can most Canadians. The TD poll showed that Canadians choose to take short trips over longer trips. While 62 per cent of Canadians took at least one weekend getaway trip of one to four nights and only 39 per cent took at least one week-long trip. Stretch your weekend travel budget by using rewards points for expenses like train tickets, car rentals or ski lift tickets. NEWS CANADA





sports

Leafs send Versteeg to Flyers

Brian Burke made his second trade within a week, sending forward Kris Versteeg to the Philadelphia Flyers for first- and thirdround draft picks in 2011.

Versteeg's tenure with the Maple Leafs lasted just 53 games. In Philadelphia, he will get an opportunity to win the Stanley Cup for the second straight year. The 24-year-old was part of the Chicago Blackhawks team that beat the Flyers last spring. Burke refused to wave the white flag on his team's season after acquiring Joffrey Lupul from Anaheim last week, but appears to have had a change of heart.

This deal gives Toronto something it didn't have — a first-round pick, although the selection will come late because Philadelphia is challenging for the Presidents' Trophy.

dents' Trophy.

Versteeg was one of
Burke's biggest off-season
additions last summer, ar-

riving from Chicago for Viktor Stalberg and prospects Chris DiDomenico and Phillippe Paradis.

However, he wasn't able to take the next step on a struggling team and had recently settled into a role on the Leafs' third line. He was sixth in team scoring with 35 points (14 goals, 21 assists) in 53 games.

Versteeg is set to earn \$3.083 million US next season in the final year of his contract. THE CANADIAN PRESS



Senators preview

Islanders at Senators 7:30 p.m. TV: SNET-E Radio: AM 1200



The Isles (20-29-7) have managed to win four of five despite icing a lineup featuring several minor-league callups. Michael Grabner has charged into the rookie of the year race with 15 goals in his last 14 games, including a hat trick during Sunday's 7-6 overtime win in Buffalo. Al Montoya became the sixth goalie to play for the team this season during that game, earning the win in relief.



Ottawa (18-30-8) returns to Scotiabank four-game road trip that took it through Western Canada. The year-old goaltender Robin Lehner from **AHL Binghamton yes** terday. With the playoffs out of reach, the Senators have plenty to deal with off the ice - Mike Fisher was traded to Nashville last week and others are likely to exit before the Feb. 28 deadline. THE CANADIAN PRESS

Raonic still coming to grips with success

Ontario tennis player jumps 25 places in ATP rankings after win in San Jose, now ranked No. 59

Milos Raonic says his stunning accomplishments on the tennis court in the last two months have yet to sink in.

Following last month's surprising fourth-round showing at the Australian Open, the 20-year-old Raonic upset ninth-ranked Fernando Verdasco in Sunday's final at the SAP Open to become the first Canadian since Greg Rudsedski in 1995 to win an ATP Tour tournament.

That victory in San Jose, Calif., made him the youngest ATP winner since Marin Cilic took New Haven in 2008 as a 19-yearold.

It also saw Raonic, who grew up in Thornhill, Ont., jump 25 places to No. 59 in yesterday's ATP Tour rankings after starting the year at 156th.

"I haven't grasped what

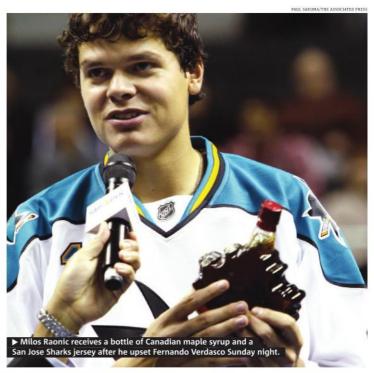
"The positive thing is there's a lot to work on, so there's space for improvement."

happened and how it changed everything," Raonic said on a conference call from Memphis, Tenn. "Right now is not the time to think about that"

It's been a wild year for the six-foot-five right-hander with the thundering serve who several experts feel will almost certainly be a top-10 player one day.

At the Australian Open, he downed 10th seeded Mikhail Youzhny and No. 22 Michael Llodra to reach the round of 16, where he fell to Spaniard David Fer-

THE CANADIAN PRESS



Ronaldo hangs up his cleats

Ronaldo says he is retiring from soccer because he can't stay fit any more, ending a stellar 18-year career in which he won two World Cup titles with Brazil and thrived with some of Europe's top clubs.

The 34-year-old Ronaldo, who holds the World Cup scoring record, says a string of injuries in the past two years have kept him from performing at a high level. With his uncanny 67 Goals scored by Ronaldo in 104 games with Brazil. His national team career ended with an uninspired performance in 2006.

sprints toward goal and an incredibly accurate finishing touch, he captivated fans everywhere he played, including Barcelona, Real Madrid and Inter Milan.

THE ASSOCIATED PRESS



Sports in brief

Forsberg ends bid to make comeback

NHL. Colorado Avalanche forward Peter Forsberg is retiring from the NHL after playing in just two games during his latest comeback

He took the ice in just two road games, recording no points, before deciding to call it a career.

IE ASSOCIATED PRESS

Tiger sorry for spitting

DUBAI DESERT CLASSIC.

Tiger Woods apologized after he was fined an undisclosed sum by the European Tour yesterday for spitting on the green during the final round of the Dubai Desert Classic.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE												
	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Philadelphia	55	36	14	2	3	182	139	77	19-8-0-2	17-6-2-1	7-3-0-0	L1
d-Tampa Bay	56	34	17	3	2	172	172	73	19-6-1-1	15-11-2-1	8-2-0-0	W1
d-Boston	56	31	18	2	5	172	135	69	15-11-1-2	16-7-1-3	5-5-0-0	L2
Pittsburgh	58	35	19	2	2	173	141	74	20-10-1-0	15-9-1-2	6-4-0-0	L2
Washington	56	29	17	5	5	151	140	68	17-7-2-5	12-10-3-0	4-3-1-2	L2
Montreal	57	31	20	4	2	151	143	68	19-7-3-2	12-13-1-0	5-3-0-2	W1
NY Rangers	58	30	24	2	2	162	144	64	13-12-1-2	17-12-1-0	3-6-0-1	W1
Carolina	57	27	22	4	4	168	175	62	14-9-1-1	13-13-3-3	4-4-2-0	W1
Atlanta	58	25	23	4	6	167	188	60	13-12-1-4	12-11-3-2	2-5-1-2	L1
Buffalo	54	26	22	6	0	161	162	58	12-12-2-0	14-10-4-0	7-2-0-1	L1
Florida	55	24	24	3	4	146	148	55	12-9-3-3	12-15-0-1	3-4-1-2	W1
Toronto	56	23	27	3	3	144	174	52	13-11-3-2	10-16-0-1	4-5-1-0	L2
New Jersey	56	22	30	3	1	120	158	48	12-13-2-1	10-17-0-1	8-1-1-0	W4
NY Islanders	56	20	29	3	4	151	186	47	10-13-1-3	10-16-2-1	5-5-0-0	W3
Ottawa	56	18	30	5	3	126	186	44	9-15-2-2	9-15-3-1	1-7-1-1	W1

WESTERN CONFERENCE

	GP	VV	L	UIL	SL	GF	GA	Pts	Home	Away	rast 10	Strk
d-Vancouver	56	36	11	4	5	190	133	81	20-4-1-4	16-7-3-1	7-1-0-2	W1
d-Detroit	56	34	16	4	2	187	163	74	17-8-3-1	17-8-1-1	6-4-0-0	W2
d-Dallas	56	31	19	2	4	159	158	68	17-8-2-3	14-11-0-1	3-6-1-0	L1
Anaheim	57	32	21	2	2	159	157	68	17-8-0-1	15-13-2-1	8-2-0-0	W4
Nashville	56	30	19	4	3	150	133	67	13-5-3-3	17-14-1-0	5-4-0-1	W2
Phoenix	57	29	19	6	3	162	160	67	13-10-3-2	16-9-3-1	6-4-0-0	W4
San Jose	57	30	21	4	2	158	151	66	13-10-2-1	17-11-2-1	7-2-0-1	L2
Minnesota	55	30	20	1	4	146	145	65	14-11-0-2	16-9-1-2	8-2-0-0	W3
Los Angeles	56	31	22	2	1	156	132	65	17-9-1-0	14-13-1-1	7-1-1-1	W2
Calgary	58	28	22	3	5	168	172	64	16-9-1-2	12-13-2-3	7-1-1-1	L2
Chicago	56	28	22	2	4	177	158	62	16-13-0-0	12-9-3-3	4-4-1-1	L2
Columbus	56	28	23	3	2	152	168	61	14-13-0-1	14-10-3-1	7-3-0-0	W2
St. Louis	54	24	21	4	5	145	162	57	16-8-1-3	8-13-3-2	3-4-2-1	L2
Colorado	56	25	25	6	0	170	186	56	14-13-3-0	11-12-3-0	1-9-0-0	L7
Edmonton	56	16	32	1	7	137	193	40	7-17-1-3	9-15-1-3	2-7-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. N.Y. Rangers 5 Pittsburgh 3 Anaheim 4 Edmonton 0 Tonight's games Toronto at Boston, 7 p.m.

Buffalo at Montreal, 7:30 p.m. N.Y. Islanders at Ottawa, 7:30 p.m.

San Jose at Nashville, 8 p.m. Vancouver at Minnesota, 8 p.m.

Dallas at Edmonton, 9 p.m

Kopitar, LA

Giroux, Pha

Selanne, Ana

Giroux, Pha Toews, Chi Backstrom, Wash Sharp, Chi J.Carter, Pha Nash, Clb M.Richards, Pha Vanek, Buf Havlat, Minn Tavares, NYI Heatley, SJ M.Koivu, Minn Pibeiro, Dal

Ribeiro, Dal

P.Kane, Chi

Yandle, Phx

Ryan, Ana Skinner, Car

J.Thornton, SJ

Philadelphia at Tampa Bay, 7:30 p.m.

Last night's results Vancouver at St. Louis Washington at Phoenix Calgary at Colorado Sunday's results

Columbus 2 Dallas 1 Detroit 4 Boston 2 Florida 3 San Jose 2 Los Angeles 1 Philadelphia 0 N.Y. Islanders 7 Buffalo 6 (OT)

SUNDAY **DUCKS 4, OILERS 0**

First Period

1. Anaheim, Selanne 17 (Blake, Lilja) 0:34

First Period
First

Anaheim 7 / 8—24 Edmonton 7 / 8—24 Edmonton 6 4 3—12 Goal (shofts-saves) — Anaheim: Hiller (W.)&-16-3); Edmonton: Dubnyk (L.6-7-6/0.15-11), Khabibulin (1:31 thirdy/7-7). Power plays (goals-chances) — Anaheim: 0-4; Edmonton: 0-3. Referees — Stephane Auger, Bill McCreary. Linesmen — Derek Nansen, Vaughan Rody. Att. — 16,839 (16,839) at Edmonton.

				P.Stastny, Col	17	27	
SCORING LEADERS				Clowe, SJ	14	30	
	G	Α	PT	Datsyuk, Det	14	30	
Stamkos, TB	40	34	74	T.Ruutu, Car	13	31	
D.Sedin, Vcr	29	44	73	Lidstrom, Det	11	33	
H.Sedin, Vcr	12	55	67	Letang, Pgh	8	36	
Crosby, Pgh	32	34	66	Franzen, Det	26	17	
St. Louis, TB	20	46	66	Byfuglien, Atl	17	26	
B.Richards, Dal	24	39	63	Visnovsky, Ana	8	35	
Perry, Ana	28	33	61	@NHL-T3B-TABLE Tor Car	n: Grabovski,	Tor22	
Zetterberg, Det	17	44	61	42			
E.Staal, Car	27	29	56	Dubinsky, NYR	19	23	
Ovechkin, Wash	21	35	56	Ladd, Atl	19	23	
Kesler, Vcr	32	22	54	Tanguay, Cal	14	28	
Iginla, Cal	23	31	54	Ra.Whitney, Phx	10	32	
Eriksson, Dal	18	35	53	Enstrom, Atl	8	34	

:	@NHL-T3B-TABLE Tor Can: Kul	emin, T	or 21	2
÷	41			
÷	Marleau, SJ	21	20	4
1	Backes, StL	20	21	4
:	Umberger, Clb	19	22	4
i	Elias, NJ	13	28	4
÷	Getzlaf, Ana	13	28	4
1	D.Brown, LA	18	22	4
÷	Steen, StL	15	25	4
i	Pavelski, SJ	12	29	4
÷	Samuelsson, Vcr	15	24	3
÷	Brassard, Clb	14	25	3
÷	Leino, Pha	13	26	3
i	Krecji, Bos	8	31	3
÷	Morrow, Dal	24	14	3
÷	Lucic, Bos	23	15	3
1	Kovalchuk, NJ	19	19	3
i	J.Jokinen, Car	12	26	3
÷	Recchi, Bos	10	28	3
÷	Neal, Dal	20	17	3
1	Gaborik, NYR	16	21	3
i	Malkin, Pgh	15	22	3
÷	Weiss, Fla	15	22	3
÷	Doan, Phx	11	26	3
÷	Boyes, StL	11	26	3
i	O.Jokinen, Cal	11	26	3
÷	J.Johnson, LA	5	32	3
i	Couture, SJ	24	12	3
÷	Penner, Edm	20	16	3
÷	Kessel, Tor	19	17	3
÷	Smyth, LA	19	17	3
	Kunitz, Pgh	18	18	3
÷	Parenteau, NYI	14	22	3
i	Not including last night's gam	es		
:				

LACROSSE

EAST	DIVISION	V
LAJI	DIVISIO	١

	GP	W	L Pct.	GF	GΑ	GB
Toronto	7	5	2.714	78	67	_
Buffalo	6	4	2 .667	69	57	1/2
Rochester	6	4	2 .667	61	64	1/2
Boston	8	5	3 .625	85	70	1/2
Philadelphia	7	3	4 .429	59	72	2
WEST DIV	ISIO	N				

	GP	w	L Pct.	GF	GA	GB
Calgary	7	4	3 .571	79	78	_
Minnesota	6	3	3 .500	68	64	1/2
Washington	8	3	5 .375	95	101	11/2
Edmonton	7	2	5 .286	73	85	2

WEEK SEVEN

43 43 20

Friday's games Rochester at Toronto, 7:30 p.m. Colorado at Washington, 11 p.m. Saturday's games

Philadelphia at Buffalo, 7:30 p.m. Toronto at Rochester, 7:35 p.m Boston at Minnesota, 8:30 p.m. Sunday, Feb. 20

Calgary at Edmonton, 4 p.m. Minnesota at Colorado, 8 p.m.

CURLING

ONTARIO TANKARD

At Grimsby, Ont. Skip (Hometown)	w	
		-
x-Peter Corner (Brampton)	8	2
x-Glenn Howard (Coldwater)	8	2
x-Greg Balsdon (Toronto)	7	2
x-John Epping (Peterborough)	7	3
Mark Bice (Sarnia)	6	4
Chris Gardner (Renfrew)	5	
Dale Matchett (Bradford)	4	6 7
Mark Kean (Ajax)	3	7
Howard Rajala (Ottawa)	3	7
Nick Rizzo (Brantford)	3	7
Jake Higgs (Harriston)	1	9
x — clinched playoff berth.		
Yesterday's results		
SEMIFINAL		
C D-1-4 0 D-4 C 1		

SEMIFINAL
Greg Balsdon 9 Peter Corner 4
CHAMPIONSHIP
Glenn Howard 10 Greg Balsdon 3
Saturday Results
PAGE PLAYOFFS
One vs. Two
Glenn Howard 11 Peter Corner 5
Three vs. Four
Greg Balsdon 10 John Epping 4

SOCCER

ENGLAND

PREMIER LEAGUE

	GΡ	W	υ	L	Gŀ	GΑ	Pts
Man United	26	16	9	1	57	25	57
Arsenal	26	16		5	56	27	53
Man City	27	14	7	6	43	24	49
Tottenham	26	13	8	5	37	28	47
Chelsea	26	13	6	7	46	22	45
Liverpool		11	6	10	35	32	39
Sunderland	27	9	10	8	33	33	37
Bolton	27	9	9	9	38	37	36
Stoke	26	10		13	31	33	33
Newcastle	26	8	8	10	40	38	32
Blackburn	27	9	5	13	34	42	32
Fulham	27	6	13	8	28	28	31
Everton	26	6	12	8	33	36	30
Birmingham	25			7	25	33	30
Aston Villa	27	7		11	31	46	30
Blackpool	26	8	5	13	39	50	29
West Brom	26		6	13	34	51	27
Wigan	27	5	12	10	27	45	27
West Ham	27		10	12	30	48	25
Wolverhampton	26	7	3	16	26	45	24
Yesterday's result							
Fulham 0 Chelsea	0						

SPAIN

LA LIGA

/esterday's result Mallorca 1 Athletic Bilbao 0

TRANSACTIONS

AMERICAN LEAGUE

NEW YORK YANKEES—Designated RHP Brian Schlitter for assignment. Agreed to terms with OF Andruw Jones to a one-year contract. TORONTO BLUE JAYS—Voided the contract of PAID Prize Stelens.

NATIONAL LEAGUE

NATIONAL LEAGUE
CHICAGO CUBS—Agreed to terms with RHP
Carlos Marmol on a three-year contract.
NEW YORK METS—Named Brian Chicklo minor league training coordinator, Joe Golia ath
letic trainer for Buffalo (IL) and Matt Hunter
athletic trainer for Binghamton (EL).

NBA

NEW ORLEANS HORNETS—Released G-F

Sasha Pavlovic. SACRAMENTO KINGS—Fined F-C DeMarcus Cousins for fighting with a teammate after a Feb. 12 game against Oklahoma City.

ATLANTA FALCONS—Named Bob Bratkowski

quarterbacks coach.
BALTIMORE RAVENS—Signed coach John
Harbaugh to a three-year extension through

Harbaugh to a trinee-year extension timough 2014.
CLEVELAND BROWNS—Named Chris Beake offensive coach, Chuck Bullough defensive coach, Shawn Mennenga special teams coach, Ray Rhodes senior assistant-defense coach, Keith Gilbertson senior assistant-offense coach, Anounced running backs coach Gary Brown, tight ends coach Steve Hagen, defensive backs coach Jerom Henderson, strength and conditioning coach Kent Johnston, assistant the strength of the coach and the sistabt strength and conditioning coach Rick Lyle, assistant to the head coach Luke Steckel and offensive line coach George Warhop will be retained from last year's staff.
NEW YORK JETS—Named Bill Hughan
strength and conditioning coach.
OAKLAND RAIDERS—Named Rod Woodson

NHL

ATLANTA THRASHERS—Assigned D Arturs Kulda to Chicago (AHL). CAROLINA HURRICANES—Reassigned F Zac

Dalpe to Charlotte (AHL). COLORADO AVALANCHE—Announced the re-COLONADO AVALANCHE—Announced the re-trement of F Peter Forsberg.
OTTAWA SENATORS—Recalled G Robin Lehn-er and F Bobby Butler from Binghamton (AHL).
TORONTO MAPLE LEAFS—Traded F Kris Ver-stees to Philadelphia for 2011 first- and third-round draft picks.

TENNIS

ATP OPEN 13

Singles First Round

Sergiy Stakhovsky, Ukraine, def. Illya Marchenko, Ukraine, 6-4, 6-3. Dmitry Tursunov, Russia, def. Grigor Dimitrov, Bulgaria, 6-7 (6), 7-5, 7-6 (4).

First Round

Marin Cilic and Lovro Zovko, Croatia, def. Frank Moser, Germany, and David Skoch, Czech Republic, 3-6, 6-3, 10-5 tiebreak.

WTA DUBAI DUTY FREE CHAMPIONSHIPS

Marion Bartoli (10), France, def. Kimiko Date

Krumm, Japan, 7-6 (8), 6-4. Alisa Kleybanova (15), Russia, def. Anastasia Pavlyuchenkova, Russia, 4-6, 6-4, 6-0. Svetlana Kuznetsova (16), Russia, def. Nuria

Svettana Kuznetsova (16), Russa, der. Nura Llagostera Vives, Spain, 6-4, 6-2. et. Mura Lägostera Vives, Spain, 6-4, 6-2. Chanelle Scheepers, South Africa, def. Maria Kirilenko, Russia, 6-2, 6-2. Zhang Shuai, China, def. Yaroslava Shvedova, Kazakhstan, 6-3, 6-4. Timea Bacsinszky, Switzerland, def. Iveta Be-nesova, Czech Republic, 6-3, 3-6, 6-1. Alexandra Dulhorur, Romania def. Flona Ral-Alexandra Dulhorur, Romania def. Flona Ral-

Alexandra Dulgheru, Romania, def. Elena Bal-tacha, Britain, 7-6 (3), 6-4. Anastasija Sevastova, Latvia, def. Anastasia Rodionova, Australia, 6-1, 5-7, 6-3.

First Round

First Round Lisa Raymond, U.S., and Sam Stosur (7), Australia, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 6-4, 6-3. Monica Niculescu, Romania, and Shahar Peer, Israel, def. Raquel Kops-Jones and Abigail

Spears, U.S., 6-1, 6-4. Vitalia Diatchenko, Russia, and Tatiana Poutchek, Belarus, def. Akgul Amanmuradova, Uzbekistan, and Darya Kustova, Belarus, 7-5,

Jarmila Groth, Australia, and Klara Zakopalo va, Czech Republic, def. Kristina Barrois and Tatjana Malek, Germany, 6-4, 6-7 (3), 10-5 (tiebreak).

WTA COPA BBVA COLSANITAS At BOGOTA, Colombia

First Round

Mathilde Johansson, France, def. Simona

Mathilde Johansson, France, det. Simona Halep (3), Romania, 7-6 (5), 7-5. Catalina Castano, Colombia, def. Anabel Med-ina Garrigues (8), Spain, 7-6 (5), 2-6, 7-6 (5). Patricia Mayr-Achleitme, Germany, def. Mariya Koryttseva, Ukraine, 6-2, 7-6 (4).

ATP RMK CHAMPIONSHIPS & THE WTA CELLULAR SOUTH CUP

First Round

Robert Kendrick, U.S., def. Kevin Anderson (8), South Africa, 5-7, 6-3, 7-6 (4).

Singles
First Round
Michaella Krajicek, Netherlands, def. Barbora
Zahlavova Strycova (1), Czech Republic, 6-1, 6-3.
Alexandra Stevenson, U.S., def. Sofia Arvids-son (2), Sweden, 6-3, 6-1.
Stephanie Foretz Gacon, France, def. Olga Gov-ortsova (5), Belarus, 6-3, 4-6, 6-4. Rebecca Marino (6), Vancouver. def. Jamie Hampton, U.S., 6-4, 6-1.

Hampton, U.S., 6-4, 6-1.

Anne Keothavong, Britain, def. Aleksandra
Wozniak, Biainville, Que., 6-2, 6-2.
Evgeniya Rodina, Russia, def. Ajla Tomijanovic, Croatia, 1-6, 6-0, 7-6 (5).
Lucie Hradecka, Czech Republic, def. Julie Ditty, U.S., 6-1, 6-3.
Ksenia Pervak, Russia, def. Anna Tatishvilli,
Georgia, 6-3, 6-4.
Sorana Cirstea, Romania. def. Catherine HarriSorana Cirstea, Romania. def. Catherine Harri-

Sorana Cirstea, Romania, def. Catherine Harrison, U.S., 6-2, 6-2.

NBA

EASTERN CONFERENCE

LUZ I FILIT COLLI	LAST LIVIT CONT LIVLITCE										
	W	L	Pct	GB							
d-Boston	39	14	.736	_							
d-Miami	39	15	.722	1/2							
d-Chicago	36	16	.692	21/2							
Atlanta	34	20	.630	51/2							
Orlando	35	21	.625	51/2							
New York	27	26	.509	12							
Philadelphia	26	28	.481	131/2							
Indiana	24	28	.462	141/2							
Charlotte	24	31	.436	16							
Milwaukee	20	33	.377	19							
Detroit	20	36	.357	201/2							
New Jersey	17	39	.304	231/2							
Washington	15	38	.283	24							
Toronto	15	40	.273	25							
Cleveland	9	46	.164	31							

WESTERN CONFERENCE

W	L	Pct	GB
46	9	.836	_
38	16	.704	71/2
38	18	.679	81/2
34	19	.642	11
33	23	.589	131/2
31	24	.564	15
31	24	.564	15
30	24	.556	151/2
30	26	.536	161/2
26	26	.500	181/2
25	30	.455	21
24	29	.453	21
20	34	.370	251/2
13	38	.255	31
13	41	.241	321/2
	46 38 38 34 33 31 31 30 26 25 24 20 13	46 9 38 16 38 18 34 19 33 23 31 24 30 24 30 26 26 26 25 30 24 29 20 34 13 38	46 9 836 38 16 .704 38 18 .679 34 19 .642 33 23 .589 31 24 .564 31 24 .566 30 26 .536 26 .500 25 30 .455 24 29 .453 20 34 .370 13 38 .255

Minnesota 13 41 241
d - division leader
Last nights results
Charlotte 109 LA. Lakers 89
San Antonio 10.0 New Jersey 85
Atlanta 94 Detroit 79
LA. Clippers at Milwaukee
Portland at Minnesota
Denver at Houston
Sunday Fresults
Sunday Fresults
Control 80 LA. Lakers 75
Memphis 116 Denver 108
Washington 115 Giveeland 100
Portland 89 LA. Lakers 75
Memphis 116 Denver 108
Washington 115 Giveeland 100
Portland 105 Detroit 100
Portland 105 Detroit 100
Toronto 98 LA. Clippers 93
Golden State 100 Oklahoma City 94
Sacramento 115 Phoenix 108
Tuesday's Games
Minant at Indiana, 7 pm.
Challotte at Collabora 61y, 8 pm.
Challotte at Collabora 61y, 8 pm.
Utah at Phoenix, 9 pm.
Utah at Phoenix, 9 pm.
Utah at Phoenix, 9 pm.
Wey Orleans at Golden State. 10-8 no.
Wey Orleans at Golden State. 10-8 no.
Wey Orleans at Golden State. 10-8 no.
Wey Orleans at Golden State. 10-8 no. rinadespina at well-upins, o p.m.

statism-tool (a) domina (Tiy, 8 p.m.

statism-tool (a) domina (Tiy, 8 p.m.

statism-tool (a) domina (Tiy, 8 p.m.

New Orleans at Golden State, 10:30 p.m.

Tomorrow's games

Washington at Orlando, 7 p.m.

Niami at Toronto, 7 p.m.

New Jersey at Boston, 7:30 p.m.

New Jersey at Boston, 7:30 p.m.

La Llakers at Geveland, 7:30 p.m.

Indiana at Detroit, 7:30 p.m.

Aud (pipers at Minnesota, 8 p.m.

Sacramento at Dallas, 8:30 p.m.

Sacramento at Dallas, 8:30 p.m.

Golden State at Utah, 9 p.m.

Denver at Minwaukee, 9 p.m.

New Orleans at Portland, 10 p.m.

SUNDAY RAPTORS 98, CLIPPERS 93

L.A. CLIPPERS (93) Gomes 5-8 2-2 14, Griffin 7-13 7-10 21, Jordan 2-2 2-6 6, B.Davis 7-16 6-6 20, Foye 2-14 1-1 5, Bledsoe 2-9 3-5 7, Aminu 1-41-2 3, Cook 6-11 2-2 17, Diogu 0-0 0-0 0. Totals 32-77 24-34 93. TORONTO (98) Weems 3-7 4-5 10, A.Johnson 3-5 0-0 6,

Rargnani 9-21 8-9 27 Calderon 3-8 4-6 10 DeRozan 7-18 3-5 17, E.Davis 6-8 1-1 13, Bar-bosa 3-9 4-4 11, Dorsey 0-1 0-0 0, Bayless 0-2 0-0 0, T.Johnson 1-3 2-2 4. Totals 35-82 26-32 98. L.A. Clippers

98.
LA. Clippers 24 24 23 22 —93
Toronto 24 24 30 20 —98
3-Point Goals—L.A. Clippers 5-14 (Cook 3-5,
Gomes 2-3, Bledsoe 0-1, B. Davis 0-2, Foye 03), Toronto 2-13 (Bargnani 1-3, Barbosa 1-5,
DeRozan 0-1, Calderon 0-2, Bayless 0-2). Fouled Out-None, Rebounds-L.A. Clippers 54 (Griffin 15), Toronto 54 (E.Davis 14). Assists—L.A. Clippers 15 (B.Davis 7), Toronto 16 sists—L.A. Clippers 15 (B.Davis /), Ioronto 18 (Calderon 11). Total Fouls—L.A. Clippers 23, Toronto 27. Technicals—B.Davis, L.A. Clippers Bench, Toronto defensive three second 2. A—19,800 (19,800) at Toronto.

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Crossword

1 Hydrox competitor 5 Scoff 9 Police officer 12 Labor 13 Wheelbase terminus 14 Regret 15 Tablets of ruled yellow paper 17 Venomous vipe 18 Verse 19 Society layer 21 Fess up 24 Quite 25 Sticky substances 26 Collar style 30 Ostrich's cousin 31 Wide 32 Fuss

33 Wanting 35 Probability 36 Periodic table entry (Abbr.) 37 Tending to nitpick 38 See 11-Down 40 Help a crook 42 Chicken — king 43 Some skateboarders' protection 48 Scoundrel 49 Marsh plant

short

50 Loosen

52 Faction

51 Type measures

53 Body artwork, for

Down 1 Hooter 2 Shad product 3 Work unit 4 They look like shortnecked giraffes

6 Reason to cram 7 Time gone by, once 8 Saved 9 Places to stay temporarily 10 Eject 11 With 38-Across, cartoon skunk 16 Parcel of land

20 Spanning (Abbr.) 21 On in years 22 Cupola

23 Computer accessories 24 Male deer

26 Proper partner 27 A billion years

28 Throws in 29 Inquisitive 31 Milwaukee team

34 — -de-France 35 Product 37 Not many 38 Chantilly, e.g.

39 Verve 40 Not up and about 41 Presage 44 Hawaiian neckwea

45 Literary collection 46 Banned insecticide 47 "Help!"

Sudoku

			9	4				1
7		3		5		2		
					3			8
	5	1	4	2		9		
		7				1		
		8		1	5	7	3	
5			3					
		2		6		4		3
9				8	4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Show some love! Send a note to somebody special at kiss@metronews.ca K-swizzle, You are the most random, spontaneous person we have ever met, and we would never change any part of you. Happy

Cornflakes Day!

Send a

My Beloved I LOVE U! ... You put a smile on my face. I LOVE U! because of ur sweetness, ur kindness and ur thoughtfulness. I LOVE U! because u appreciate me and u appreciate my effects to romance u. I thank u for bein U YOUR DEAR POOOKS

LOVE, B-SWIZZLE AND C-SWIZZLE

Devin.... Roses are red. Violets are blue And no one misses you As much as I do

Marcucio, I love you SO MUCH and I promise to love you with everything I have now and always! You are the bounce to my step and the music to my ears. Most importantly you are my best friend. LOVE, MELSTAR

Today

-9°/-12° Sunny

Wednesday Variable

IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET. Get your weather on the go with these other network.com () Em

6The Weather Network 2011

Today's horoscope

T Aries March 21-April 20

Steer clear of fights and feuds today because you have nothing to gain by going head-tohead with people whose views you think are stupid.

¥ Taurus April 21-May 21 Put some distance between yourself and people you can tell are trying to rub you up the wrong way. Also, let employers and other important people know that if they want your support, it has to be earned.

II Gemini May 22-June 21

There is still plenty of time to make your mark on the world but you have got to get serious about it. What you do, or don't do, over the next few days will determine whether vou're a winner or a wannabe Gancer June 22-July 22 Your sixth sense tells you there are changes coming that can improve your lot financially and emotionally. Don't listen to what others say you should do. Act on your own beliefs.

Ω Leo July 23-Aug.23 Somewhere along the way, you seem to have forgotten that life is supposed to be an adventure. Your first priority is to put some fun back into your daily doings. Work hard, play hard and always keep smiling.

My Virgo Aug. 24- Sept. 22 The Sun's move into your opposite sign of Pisces next weekend marks the halfway point of your solar year. Start thinking about what you can learn from the past six months.

← Libra Sept. 23-0ct. 23 The

past few weeks have been hectic but there's still a lot to be done before the Sun changes signs on the 19th. There is no limit to what you can accomplish, so don't just sit there.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

➤ Yesterday's answer

M Scorpio Oct. 24-Nov. 22 YOU have wasted enough time on senseless disputes. Promise yourself that from today you will focus on more important matters. Look forward to what you are going to accomplish.

Nov. 23-Dec. 21 You are too stubborn to admit that your present course is taking you in the wrong direction. There are times when your huge self-belief can be a blessing, but this isn't one of them. Change.

Available on the App Store

V Capricorn Dec. 22-Jan. 20

Make sure everyone knows you are not the sort of person who can be intimidated or bribed. There is a stubborn side to the Capricorn nature and it will be evident today.

Aquarius Jan. 21-Feb. 18 Make the most of the Sun's last few days in your birth sign. Take advantage of each opportunity that comes your way. Any day can be a new beginning but today, and tomorrow, most things will come easily.

)-(Pisces Feb. 19-March 20 The last few weeks have been anything but easy and there are no doubt more challenges to come, but already you can sense that your luck is beginning to turn. SALLY BROMPTON

Caption contest

8 5 1 4 2 3 9

8 1 7

2 9 7 3

4 5 9

7 6 8

1 3 2

9 7 1 6

6 2 5

8 4 3

5

9 3 8 6

2

2 3 6

9 8

7 6

1 4

4 2

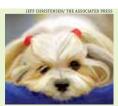
9 1

"If that old guy could lift a house, a car should be easy. Right? BECIBEDORE



You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's



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Royal Solaris Los Cabos Resort All Inclusive & Spa ***

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Occidental Grand Xcaret ***

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MEXICO | Cancun/Riviera Maya via Toronto

Gran Bahia Principe Tulum PRIVILEGES

All-Inclusive • Standard rm. • May 27

MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto

Meliá Puerto Vallarta ** PRIVILEGES

All-Inclusive • Deluxe garden view rm. • Mar. 20 - 31

TURKS & CAICOS

Comfort Suites, Turks & Caicos ⊕⊕€

Continental breakfast • Junior suite run of the house • Mar. 7 & 14

DOMINICAN REPUBLIC | Punta Cana

Occidental Grand Punta Cana 🕪 🏵 🏵

All-Inclusive • Junior suite • Apr. 9

DOMINICAN REPUBLIC | Punta Cana

Gran Bahia Principe Punta Cana Privileges

All-Inclusive • Junior suite • Apr. 9

\$1059

Add taxes & other fees: \$153 Add \$85 for Sat. & Sun. departures

GRENADA via Toronto

Grenadian by rex resort ⊕⊕⊕€

CUBA | Varadero Allegro Varadero ***

All-Inclusive • Superior rm. • Mar. 19 & 26

CUBA | Varadero

Sirenis La Salina Varadero Beach Resort ***

All-Inclusive • Standard rm. • Mar. 19 & 26

CUBA | Santa Clara

Royal Hideaway Ensenachos ***

All-Inclusive • Royal spa rm. • Mar. 6 & 20

JAMAICA

Sunset Jamaica Grande Resort & Spa ���� PRIVILEGES

All-Inclusive • Traditional standard rm. • Mar. 5 & 19

Gran Bahia Principe Jamaica ⊕⊕⊕⊕€ PRIVILEGES

All-Inclusive • Junior suite • Mar. 5 & 19

ANTIGUA via Toronto

The Verandah Resort & Spa *** PRIVILEGES

All-Inclusive • Hillside suite • Mar. 27 & Apr. 3

Add taxes & other fees: \$15 Departure tax: 25 CUC cash, paid local

\$1589

^{\$}1629

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Excellence Punta Cana ** PRIVILEGES Junior suite garden view • Apr. 9 • ADULTS ONLY

MEXICO | Cancun/Riviera Maya via Toronto

Excellence Playa Mujeres ** PRIVILEGES

Junior suite spa or pool view • Mar. 27 • ADULTS ONLY



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FLORIDA | Orlando

Clarion Resort & Waterpark ***

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Hotel Magenta Paris ***

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USED TRUCK DEALER AROUND!



07 Mazda B4000

• 4x4, Load, A/C, Std • st: 31631 • km: 72273





06 Infiniti G35

• AWD, Load, Roof, Lthr, Aut • st: 29844 • km: 92178 \$17,980 167"



07 Hummer H3

• 4WD, A/C, \$24,890

230



07 Ford Ranger

• 4x4, A/C, Std • st: 29926 • km: 63170

REE SNOW TIRES!



07 Caliber R/T

AWD, Load, Auto, Roof st: 31568 km: 99755 \$10,650 112



06 Canyon

• 4x4, A/C, Auto • st: 29365 • km: 43250



07 BMW X3

• AWD, Load, A/C, Roof, Lthr • st: 29853 • km: 58374 \$29,850 \$275°



08 Trailblazer LT

st: 29116 km: 64575 175"



07 Impreza

AWD, Load, A/C, Std st: 31392 km: 96310 12,870 119"



10 Ford F-250 XLT

4x4, Load Lariat Dies st: 31268 km: 33631 \$39,960 328



08 Land Rover LR2

4WD, Load Roof, Lthr st: 29998 km: 52294 \$27,860 257° *eekly



07 Volvo XC90

4WD, Load Roof, Lthr st: 29855 km: 49830 \$29,650 \$273°



10 Gr. Cherokee Laredo

• 4WD, Load, A/C, Auto • st: 31254 • km: 36886 100 \$22,850



07 Subaru Legacy

AWD, Load, A/C, Roof, Aut
st: 28575
km: 79319 \$16,950



08 Nissan Xterra S

4WD, Load, A/C st: 28500 km: 80176 \$20,850 211



07 Mazda CX-7

• AWD, Load, A/C • st: 29811 • km: 67352 \$17,840 \$162°



06 Tribeca B9

• 4WD, Load, A/C, Roof, Aut • st: 28644 • km: 43243 19,850 192"



08 Tucson

4WD, Load, A/C, Auto st: 11074-A km: 73767 \$14,850 135

08 Nissan Rogue SL

AWD, Load, • st: 31450 • km: 71560 \$19,840



06 Sportage LX

4WD, Load, A/C, Std st: 31281 km: 10984 \$9,980

29,950

08 Tundra SR5

4x4, Load, A/C, Auto st: 11048-km: 44558

• 4WD, Load, A/C, Auto • st: 31321 • km: 70173 \$12,780

06 Jeep Liberty

3 10

09 Dodge Ram SLT

4x4, Load, A/C, Auto st: 29827 km: 58042 \$24,950

• AWD, Load, A/C, Auto • st: 31206 • km: 61201 \$18,850



08 Outback

• AWD, Load, A/C, Auto • st: 29542 • km: 71567 \$21,650



07 Ford Edge SEL

A/C, LTNr st: 29315 km: 10098 \$19,850 \$181"

4x4, Load, A/C, Auto st: 31000 km: 61754 17.950



07 Colorado



• 4WD, Load, A/C, Auto st: 31561 • km: 87929

07 Compass Sport

\$12.870 \$117°



• AWD, Load, A/C, Auto • st: 31414 • km: 65113 \$18,650 \$173°

08 Suzuki XL-7

• 4WD, Load, A/C, Auto • st: 31415 · km: 42664 \$28,830 \$237°



09 Nissan Rogue S

 AWD, Load, A/C • st: 31425 • km: 62481

193"



10 Mazda CX-9 Touring

AWD, Load, Lthr st: 31369 km: 34859 \$32,880 254***





06 Outlander

4WD, Load, A/C st: 31491 km: 77126 \$12,450



08 Escape XLT



• 4WD, Load, A/C, Auto • st: 31622 • km: 99988 \$14,980



08 Benz ML350

AWD, NAV, Roof, Lthr st: 31089 km: 17778 \$39,950



AWD, Load, A/C, Roof st: 29570 km: 70597 \$19,850

4WD, Load,

st: 29043



07 Toyota FJ Cruiser

• 4x4, Load, A/C, Auto • st: 29990 • km: 28555

\$24,980



09 Matrix XR

AWD, Load, A/C, Auto st: 31240 km: 49966 \$16,450

153"

st: 31615 km: 60367 17.860 163"

07 Sierra 1500 CLSC

• st: 31239 • km: 58685 \$22.880 \$211"

09 Forester X PRE

09 Toyota RAV4

4WD, Load, A/C, Auto st: 31396 km: 43055 \$22,650

07 Mazda6 Speed AWD, Load, A/C, Std st: 31390 \$16,970

06 Nissan X-Trail XE 4WD, Load, A/C st: 31692 km: 97650 \$10,950

\$25,970

• AWD, Load, A/C • st: 31199 • km: 56107 \$15,980

148





08 Sorento

4WD, Load, A/C, Auto st: 28499 km: 52413 \$17,850 \$163"

4x4, Sport, Load, A/C st: 31424 km: 34404 \$31,850

10 Tacoma SR5 TRD



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